

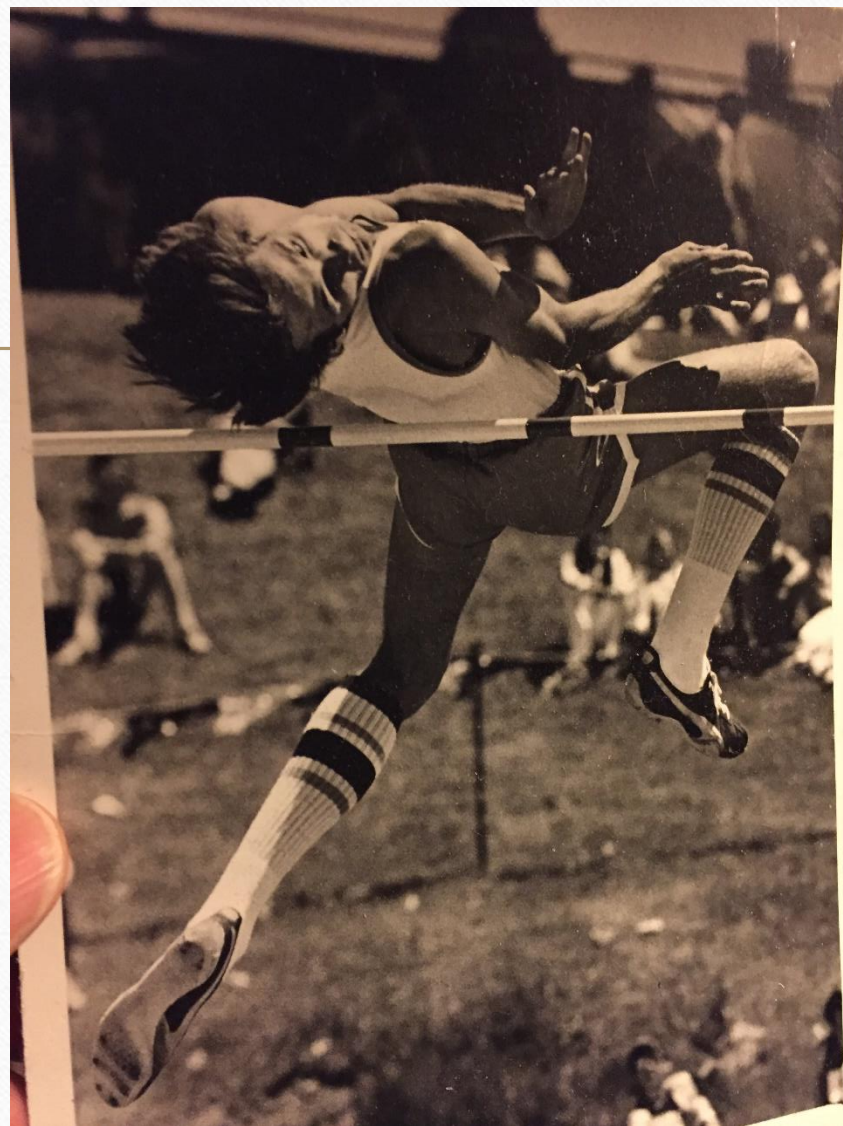
The background of the slide is a repeating pattern of the Wichita State University mascot, a yellow and black shaggy creature with a bow and arrow, wearing a black and white scarf with 'WSU' on it. The mascot is positioned behind a white rectangular panel that contains the text.

Coaching High Jump

“A Simple Approach”

Steve Rainbolt

Wichita State University





Simple Concepts

Jesus Dapena presentation

“Run fast/Get low”

NCAA Clinic as a young coach

Approach Run

- Curve Run
 - 1) Accelerating
 - Speed and Rhythm
 - 2) Lean
 - Contrast to vertical
 - 3) Posture
 - Simple/CRITICAL
 - 4) Proper footwork



Gather for Takeoff – “Penultimate”

- “Set up the jump”
- “Prepare for the takeoff”
- “Gather on the next to last step”

Footwork

- 1) Active
- 2) Full footed
- 3) Rolling

POSTURE!!!

Basketball Dunks

The Takeoff – “Up Through the Vertical”

- Ever increasing rhythm to an ultimate quickening up off of the ground
 - We must not “land” on the plant
- Quick Takeoff
- Quick ~~into~~ up off of the takeoff ground
- Punch it!
 - Jesse Williams

The thing is – going “up through the vertical” is a “result”

The Flight

- (The thing is – this is a “result”)
 - Up through the vertical (a “result”)
 - Big hip elevation (not arch) (a “result”)
 - Beautiful rotation (a “result”)
 - A terrific flight happens “as a result”



Final Thoughts

- Explosiveness
 - Dynamic event specific multiple jumps
 - Free swinging limbs
 - Body awareness
- Body Weight
 - “Gain three pounds ...”
 - Don’t test the threshold

Thank you!

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